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FRIDAY
JANUARY 1, 1954

New Year's Day signalled my renouncement of cigarette smoking. Having consumed between twenty and forty a day for three decades, to say nothing of countless pipes and occasional cigars, with no benefit to my health, I have decided to limit myself to the sturdier flavors of pipe and cigar tobacco. It will go hard for a time. I do not want to give up smoking entirely for it is such a pleasurable exercise, but Benjamin Franklin was right when he said even the most unregenerate users of the weed never advised others to adopt the habit. Dr. Bech, the Pooh-Bah of Luxembourg, after a bad heart attack a couple of years ago, definitely laid aside his cigarettes, but he averaged about eighty a day so I consider I have been [redacted] moderate.

Lunched with the children, went to the Pavillon to pay Bourjois and give him a present. Dined at home.

DEPARTMENT OF STATE A/CDC/MR
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